



Menomonie High School

School District of the Menomonie Area

1715 5th Street West | Menomonie, Wisconsin 54751 | TEL (715) 232-2606 | FAX (715) 232-2629

School District Web Page | <http://msd.k12.wi.us>

CASEY DRAKE

Principal

SUSAN MOMMSEN

Assistant Principal

PERRY MYREN

Asst. Principal - Activities Director

September 1, 2020

Coaches & AD's from: Chippewa Falls, Hudson, Rice Lake, River Falls

The 45th Annual Menomonie Cross Country Relay meet will be held on Saturday, September 12th, beginning at 8:30 a.m.

The meet will be run with a few changes from past years under the following format:

1. The meet is run relay style so that your 7th runner runs only against the 7th runner from the other schools, etc. With ten races, each participant has a chance for victory.
2. There will be one boys' division and one girls' division. The top team in each division will receive a trophy. The five best times of your eight runners totaled together will determine the team standings.
3. The top two individuals in each varsity race will receive medals.
4. We will hold two separate junior varsity races for the boys and girls who did not qualify for the top ten races, unless numbers dictate a need for a JV2 race. Places 1 through 15 will receive ribbons in these runs.
5. All of the races, boys and girls, will be held on the same 5000m course. The time schedule for this year's meet is as follows:

8:00 a.m. Coaches' meeting in the Fieldhouse
8:30 a.m. 10th & 9th & 8th & 7th Runners Race Boys & Girls
9:00 a.m. 6th & 5th & 4th Runners Race Boys & Girls
9:30 a.m. 3rd & 2nd & 1st Runners Race Boys & Girls
10:00 a.m. Junior Varsity Race Boys
10:40 a.m. Junior Varsity Race Girls
11:20 a.m. Possible JV2 Race Boys

We will need an **entry fee of \$200.00** from schools entering both boys' and girls' teams in the meet and \$100 from schools entering one team to help defray the cost of awards and meet management.



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Entries: We will be using AccuRaceTiming Company this year to time all the races. Your rosters will need to be entered at wi.milesplit.com no later than **NOON** on **Thursday, September 10th**. You will be able to pick up race packets near the finish line on race day.

COVID PROTOCOL

- Masks at the start
- Masks in the camp areas
- No one in the building, other than MHS athletes and coaches
- Assigned, roped off team camp areas with team only porta potties
- Social distance except during warm-up, racing and in the finish corral
- Leave nothing at the start before a race - come to the line ready to go
- Pre-race team huddles should have social distancing
- Clean up all garbage thoroughly
- No hand-shakes, high fives or other forms of contact to congratulate opponents

Due to current county restrictions, we will not be allowed to have any spectators at this meet. We are currently looking into some live streaming options, and will share that information with all coaches once plans are finalized.

We have enjoyed hosting this meet for the past 44 years, and I'm sure that there will be plenty of competition and excitement to make it fun for everyone again this year. Best of luck in your season.

Sincerely,

Adam Topper, Boys Head Coach

Craig Olson, Girls Head Coach